



# City Connection

Fond du Lac

July 2016

## WELCOME!



**Nathan Zellner**

**Start Date: 6/13/2016**

### **FF/Paramedic**

I am originally from New Franken, Wisconsin and attended Luxemburg-Casco High School. After graduation I attended Fox Valley Technical College where I received my Associate Degree in Fire Protection. Shortly after, I received my NREMT-Paramedic Certification from Northeast Wisconsin Technical College. Upon completion of the paramedic course I was hired by the City of Antigo as a full-time Firefighter/Paramedic. I am beyond excited for this opportunity to become a member of Fond du Lac Fire/Rescue.

Throughout college I worked as a security officer for Fox Valley Technical College. I then received my WITS National Certification as a personal trainer after paramedic school. I worked as a personal trainer in Green Bay and then was able to work as a Firefighter/Paramedic and Personal Trainer in Antigo. I enjoy hunting, fishing, golfing and working out in my free time. I am new to the area and already enjoy it very much. I am excited to see what the future holds for me as a member of Fond du Lac Fire/Rescue.



**Nichole Wilson**

**Start Date: 6/27/2016**

### **Senior Center Caretaker**

I live in Fond du Lac with my husband and children. Previously, I worked for Marian University. I am very excited for this part-time position as it allows me to spend time with my children and help out with my husband's painting business.



**Nathan Philipisky**

**Start Date: 6/13/2016**

### **FF/Paramedic**

I was born and raised in Lomira by my parents Tom and Bev. I am the youngest of four kids with two sisters and a brother. I have a lovely wife of two and a half years, as well as a fifteen month old boy named Jack. We are also expecting another child mid-November.

I was with the Lomira Fire Department for seven and a half years before going to the city of Ashland Fire Department. I was with Ashland for two and a half years as a FF/Paramedic and the last year I was an MPO/Paramedic. I am ecstatic to be a part of Fond du Lac Fire/Rescue and seeing a lot of the same faces when doing paramedic ride alongs here in the spring of 2011.

Things that I like to do on my off time would include hunting, fishing, hiking different places, and love watching my son grow. I love this area, the people here and can't wait to get started working with everyone.



**Taylor Huenink**

**Start Date: 6/13/2016**

### **FF/Paramedic**

I am very grateful to be a part of the Fond du Lac Fire/Rescue. I am from Alto. I attend Fox Valley Tech to get my associate degree in Fire Protection Technician. I also just recently attended Fox Valley Tech to get my Paramedic license. During my associate degree I was lucky enough to do my fire internship with the City of FDL Fire/Rescue.

Before getting the job at the City of FDL Fire/Rescue I worked at Berlin EMS as an EMT-Basic for 2 years. Also, when I was a senior in high school, I joined the Alto Volunteer Fire Department. I have also worked on a farm throughout high school. I am very excited to get the job as a Firefighter/Paramedic here and can't wait to see what the future holds.

## Together We Stand



For an event that was essentially organized overnight, the turnout was great - 150 people I would guess. Great mix of races, ages, backgrounds, etc. The spirit/atmosphere was overwhelmingly positive. I didn't hear a single negative comment about the police community, police brutality, etc. Everyone just agreed that violence and division in society is not the solution, and many commented that they were very saddened and troubled about the killing of the officers this week. So, no agenda other than "stop the violence." We had great representation from the Police Department. The crowd was VERY appreciative that we were involved. –Chief Lamb

GIVE BLOOD



SAVE LIFE

### Blood Drive

Thank you to everyone that participated in the Blood Drive on July 15<sup>th</sup>! We had a total of 15 people present to donate and ended up completing 12 successful procedures, potentially helping to extend or save the lives of 36 patients in hospitals. We had 3 O- and 3 O+ donors, both of which they struggle to maintain inventory of.

## Idea Studio Fond du Lac Public Library

Grand Opening – Saturday July 23<sup>rd</sup> 9am – 2pm

### Lower level of the library

Experience the new do-it-yourself zone where you can create, invent & learn. See equipment in action, score a techie freebie, sign up for classes and enter to win prizes! Tours and hands-on projects will be available. For more information go to: [fdlpl.org/ideastudio](http://fdlpl.org/ideastudio).



## Senior Center Raffle

The Senior Center is currently selling raffle tickets for their annual raffle. Tickets are available at the Senior Center for \$1.00 each or 6 for \$5.00. Prize drawing is August 31, 2016. There are many great prizes available with the top prize of \$500 cash!



# Health Risk Assessment



2016 Health Risk Assessments will be held in-house in August. To schedule your appointment, please contact the location you would like to have the screening. (Information below)

The HRA process includes:

- Height, Weight, Waist, Hip measurements and Blood Pressure
- A fasting blood test analysis consisting of a Lipid/glucose panel
- Cotinine blood test (tobacco)
- Optional PSA blood draw test for men over the age of 50
- Completion of Agnesian Know & Go online HRA – Health Risk Assessment survey.

DATE	LOCATION	TIME	TO SCHEDULE APPOINTMENT, CALL or EMAIL
Tues. Aug. 9 <sup>th</sup>	Govt Center Room A & B	7:00 am – 8:30 am	Lisa – Ext. 3623
Wed. Aug. 10 <sup>th</sup>	Municipal Service Center	6:00 am – 7:45 am	Amber – Ext. 3544
Thurs. Aug. 11 <sup>th</sup>	Govt Center Room A & B	7:00 am – 8:30 am	Lisa – Ext. 3623
Tues. Aug. 16 <sup>th</sup>	Police Dept.	6:00 am – 9:00 am (PD employees only until 8:00 am)	Melissa – Ext. 3706
Tues. Aug. 16 <sup>th</sup>	Police Dept.	1:30-3:00pm	Melissa – Ext. 3706
Wed. Aug. 17 <sup>th</sup>	Municipal Service Center	6:00 am – 7:45 am	Amber – Ext. 3544
Thurs. Aug. 18 <sup>th</sup>	Govt Center Room A & B	7:00 am – 8:30 am	Lisa – Ext. 3623
Aug. 8 <sup>th</sup> – Sept. 16 <sup>th</sup>	Agnesian Work & Wellness (located 1 <sup>st</sup> floor-St. Agnes Clinic)	As available-call to schedule an appointment	920-926-5666

## IMPORTANT DATES:

<b>July 18 – September 12, 2016</b>	Schedule your Health Risk Assessment
<b>Complete by September 16, 2016</b>	<i>Health Risk Assessment</i> *** View your screening results 5-7 days after screening***
<b>Complete by October 3, 2016</b>	<i>Health Risk Survey</i> www.knowandgo.org
<b>Available October 10, 2016</b>	<i>Scorecards</i> www.knowandgo.org
<b>October 10, 2016 – July 31, 2017</b>	<i>Health Coaching Sessions</i> Contact: 926-5678 or 926-5508 *** Coaching session can only be done once a month and deadline for sessions are July 31st.***



# BACK TO SCHOOL – FOND DU LAC

*A community-wide collaboration*

**DONATE SCHOOL SUPPLIES!**

**Distribution Day is Saturday, August 20**

**There will be collections boxes available July 25 – August 8**

**Locations: City/County Building, Municipal Service Center, and the Library**

**BACK TO SCHOOL FDL** is dedicated to helping over 1,200 students in need receive school supplies so that every child can start the school year ready to learn. You can support them by donating school supplies at the Boys & Girls Club, The Salvation Army, area churches, and Fill the Bus drives going on in the community in the months of July and August.

## **A list of some of the supplies includes:**

Backpacks	Black, Blue, and Red Pens
Binders 1"	No. 2 Pencils
Colored pencils	Pencil Boxes
Compasses	Pencil Cases
Crayola washable markers	Pocket Folders
Erasers	Scientific Calculators (T1 30XS)
Dry erase markers	Scissors, pointed, 5" and 7"
Glue	Watercolors
Glue sticks	Wide-Ruled Spiral Notebooks
Graph paper	Loose Leaf Paper
Highlighters	

## **Make a Difference**

- **Donate Supplies**
- **Proved Financial Support – Mail your check made payable to Back to School FDL PO Box 1747 Fond du Lac WI 54936-1747. All funds go directly to purchasing supplies for the one-day shop.**
- **Give Your Time by volunteering prior to the event OR by working at the one day shop on August 20, 2016**

**Visit our website at [www.backtoschoolfdl.org](http://www.backtoschoolfdl.org) or like us on Facebook at [BacktoSchoolFDLarea](#)**

## WELLNESS COMMUNICATIONS

This month's Wellness topics include:

- ❖ Adult Vaccinations
- ❖ All About Psoriasis
- ❖ Blood Donation
- ❖ Pregnancy: Reduce Your Child Risk for Obesity
- ❖ Organ and Tissue Donation
- ❖ Seasonal Flu Vaccine
- ❖ Stress and Your Skin
- ❖ Drivers of Cancer
- ❖ Talking with Your Doctor
- ❖ HIV and Aids
- ❖ Mapping Language Problems in the Brain
- ❖ Know & Go Newsletter;  
<https://ahcwandw.bepurewellness.com/dt/v2/ahcassocindex.asp>

These and other topics are available on the city website:  
<https://www.fdl.wi.gov/departments.Impl?DeptID=39&DeptPage=167>

### ICMA - RC

**TYGE OLSON**  
**RETIREMENT PLANS SPECIALIST FROM**  
**ICMA - RC**

**September 20, 2016**  
**October 18, 2016**

**9:00 AM TO 4:00 PM**  
**To set up an appointment online:**

<https://www.fdl.wi.gov/departments.Impl?DeptID=39&DeptPage=163>

## **EMPLOYEE ASSISTANCE PROGRAM (EAP)**

Perhaps meeting with an Agnesian Work and Wellness Employee Assistance Program counselor can provide you with the assistance you need to overcome your concern and that the concern does not become disruptive to your quality of life, your health, family or productivity. The City of Fond du Lac sponsors the EAP and encourages you and your family members to get help and direction through the ***Free and Confidential EAP*** for concerns before they create any further disruption in your life.

Please don't let questions you have about the EAP prevent you from using it. You can call Agnesian Work and Wellness (anonymously, if you prefer) and speak with a staff person to get your questions answered before you decide whether or not to pursue further assistance through the EAP.

**EAP: (920)-924-0614 or (800)-458-8183**

### **Expecting a Baby? Getting Married? Divorced?**

Keep in mind that any changes to benefits must be made within 30 days of a "qualifying life event". These rules are set by the IRS and in order to offer pre-tax deductions the plan must follow them to be in compliance.



### **Welcome the New Additions to the City Family**



Congrats on your new baby!

Sean White (Fire)

Kyle Hoefer (Police)

Congrats on your marriage!

Mike Noble (Police)

Matthew Simon (Fire)

Nick Czaja (Fire)